

CONSTELLATION CONVERSATION — Saturn

Daniel Alexander Jones & Oak

Daniel Alexander Jones:

I'm here with Oak.

Oak:

Hello.

Daniel Alexander Jones:

It is the last day of September, 2021. We're eating some food and having a really beautiful opportunity to sit in person together. I cherish the times I get to be in person with the people that I care for, and especially the opportunity to get to sit with *you* twice during this time. It's been really very important. So as I told you, these conversations, I'm calling them constellation conversations in part, because it's basically about the universe, but also because it is a reflection of the constellation of the people who are guides to me.

And I want to share the beauty and the wisdom and the insight that you all have with those folks who might come to be part of the *Aten* project. So thank you for being here. By way of introduction, I will offer those folk who are listening that Oak is a master astrologer, among many other things, and currently runs Oak Astrology School and you'll have a link to that website. We met, what? Three years ago?

Oak:

Mm-hmm (affirmative).

Daniel Alexander Jones:

I asked you to do an astrological reading for me. And we met in the little cafe on the west side, I remember. And it was cold and I remember you were wearing a very big blue, it looked like Cookie Monster had been skinned. It was

a beautiful jacket. But I remember being so struck by your focus and watching you do that was when I was like, "Oh, this is not a person who's a game. Carry it with you." And as I've gotten to know you over these years, I marvel at how much wisdom you carry.

And the last thing I'll say as preamble is that I am very much interested in the ways in which astrology is calling to so many people right now at this juncture in the cycles of the planet. And I remember a quote that was from Carl Sagan that's been popping around a lot recently about his fear, right? That we were heading toward a time when people would be dumbed down by technology. They would be only consumers. And what he said was like, "Then we'll go back to our superstitions and our astrology instead of the science."

Right? And I remember thinking the science of astrology is wisdom that humans on the planet for tens of thousands of years abided by, and the level of destruction that we've seen is only a result of hyper-materialism and the industrial revolution and settler colonialism in the past 500 years. So I want to hear what the ancient world had to say! I want to understand why these stories, these symbols, these myths, and these patterns keep showing up in cultures all over the globe for thousands of years. There is wisdom to be discerned.

What I know in you is that you are a bearer of ancient wisdom and you are a bearer of tradition. And getting to know you as a human being, I bow to the rigor that you bring to your craft. I want people to know how impeccable you are as a person with your word, with your friendship, with your interactions, your communication, and the care that you take in your practice. Everyone I've recommended you to as an astrologer has called me, or written me afterward, deeply moved by the experience of course, but they've all said the same thing that they feel such trust in you because you know what you're doing. So thank you so much for the gift of your artistry and your work. Welcome. And let's talk about Saturn and I'm going to eat some more food while we do it.

Oak:

Oh, wow. That is such a powerful description of me. I mean, I'm really taken aback. I really thank you so much for all that. And I don't know if I really think of myself that way all the time, but I really, it's just such a beautiful reflection. It's interesting, as we were talking about Saturn and the way that you're describing how I hold my work, it is because I really value the tradition of astrology and Saturn as a planet that rules over time inherently is linked to tradition. It is inherently linked to the things that have come before to create this present moment. So I just never thought of myself as rigorous. I never thought of myself as focused, but that's-

Daniel Alexander Jones:

You are, too ... Me and you are both those things.

Oak:

That's so interesting. Yeah. I'm really sitting with that. But you mentioned a few things, Carl Sagan and how through the ways that our society is developed, we are now reverting back to a space of superstition. What does that bring up for me? What it is, is, that our society actually is deeply out of balance. And with the hypermaterialism, we are really focusing on consumerism. We're focusing on *wanting it now*, Amazon... just the hyper *speed* of everything and just the access, like constant access.

We have no variance between night and day because of everything electronic. We can stay up all night because we are affected by all of the EMFs and just constant ... just technological *noise*. Even our bodies are just out of sync. So everything, everything, everything is out of balance. And when you're actually thinking about Saturn, there's no way to feel the connection to time and the connection, even, to tradition without being in alignment to the earth, and being in alignment to the seasons.

So we have day and night, which is a phenomenon we experience every single day. And then we also have the seasons, which will indicate the start of things in Spring and usually the ending of things in the Winter, right? So there is the natural cycle of life that our society at this point defies and therefore, of course, it will create, like, some type of cataclysmic ending at some point, which... we are probably feeling that. But there is value to working with the earth and being a part of the earth and being in alignment with time, because that is the thing that we are bound to in this world.

And so like Saturn, you'll hear of things that are related to Saturn as hardship and boundary and restriction. But our original boundedness is our bind to our human form here on this earth plane and here with gravity and here with time. So to imagine that we live in a society that wants to constantly be younger, so many *procedures*, and so many ways of being just to defy time itself, that's actually a classic Saturnian theme of people trying to maintain their power.

But if you think about the life cycle, you rise and then you also fall. You're a child; you are in your prime; and then you are an elder. And all these things are just cyclical. And so when we're thinking about Saturn as being bound to this life, being bound to this plane, we're going to die at some point. And so, just bringing it back to the way that we operate in society. There is a defiance to season and we see that in our grocery stores. You can get winter melons at all times of the year, right?

You can have apples all year long. You can literally have everything all year long. And it is pretty, *pretty crazy* to think about that. And, so, just constantly, constantly being out of balance in every single thing that we do, of course, at some point we're going to come back to a space of re-earthing. And that's kind of what superstition is, because

there are certain times to do things and then there's certain times to not do things. Right? And then just coming back to anything that is indigenous or the old ways is literally just seasonal.

It is literally time-based. So yeah, that you were making a reference to what did the ancients have? What type of wisdom can they share with us at this period of time? That being in alignment is everything to do with harmony in this life. And that's actually, you always hear about Saturn being demonized. It's like, "Oh, Saturn's really hitting you up this year. It's on your ascendant or you're having your Saturn return." And that's cool because it is really hard. But every single time that Saturn rears its face to you, or it really impresses upon you and you feel depressed, or you feel sad, or you feel like life is over, or you just feel like you're so stuck, that is a symbolic experience ... or not even symbolic. That is a very specific message. And oftentimes somatic, or even just, you'll literally experience things being denied in front of your face. It's all the different layers. But that is really just a symbol for being in alignment. So everything that Saturn wants is about alignment.

Daniel Alexander Jones:

Alignment. And if one is out of alignment, any move to put you back in alignment, if you're feeling pleasure in the experience you're having that's out of alignment, you don't want to leave it. You don't want to go back. You don't want to get in alignment. I wonder, too, as you spoke for the first time, I thought about how that language of Saturn, that language of containment or denial, how that feels so negative because of our culture. I really heard it this time. *I don't want to be told to stop, because I want to always be in the ecstasy of a certain motion. I don't want to be told no, because I want to have everything all the time the way I want it. I don't want to be told there are no more winter melons, because I've decided I'm going to make winter melon soup tonight.* For the world has to bend to my will versus that deeper understanding that the no, the absence, the silence, I even think about, there's a song, a rare song, by the singer Judy Collins, called "The Fallow Way".

And in the song she talks about how much she loves the winter because things are fallow and because you have to wait and that there is an emptying out of her mind and a quieting of things, a hibernation energy that she's grown to ... And the song she's like, "I've grown to love it because I now understand that it's a gift." It's a gift. So hearing that I'm like, "Yo, that's actually really good medicine." Do you have a story about a time that you can remember from early in your life when you felt the music of the earth, or you felt the universe, you felt the planets? Did you ever have them impress themselves on you when you were a kid, or even questions of time in this way?

Oak:

Well, I don't know about when I was a kid because I don't have a lot of access to my childhood because of the way that my childhood was set up I wasn't able to have access. I wasn't even really a kid from the moment I was like 12 years old. I think in recent times through a lot of the spiritual work that I'm doing lately is, I'm realizing that in this plane, I feel most connected to the planets; more than I feel connected to people... which... People are also like planetary energies, but I feel like the entities and the spirits and the wisdom and the intellect of the planets, I feel more resonant to that a lot of times. But lately what I've been allowing is that when I step into a reading, or if I went to dancing at the beach, just yesterday and just allowing those energies to move through me and calling on them and allowing them to move through me, for them to move my limbs and for them to be the thing that starts the sounds in my voice. That's been a really powerful experience. I feel like everyone does that when they're in a space of creation, but it's interesting to call on it intentionally.

Daniel Alexander Jones:

Do you have particularly meaningful relationship to Saturn in your own journey?

Oak:

Just respect. So much respect because of fear, because I just like, "Oh, god. You've come for me again and now I have to buckle up." Then the way that I always describe Saturn and the way that it really shows up when it's in contact with you, we have various critical points in our life based on our birth chart. And if Saturn is contacting one of those critical points, we have a very specific experience of restriction or hardship a lot of times, and essentially a call for alignment. Right?

But when Saturn contacts you, I always say the thing that you actually experience is deprivation. To experience deprivation to something that we actually want and that yearning and that desire, it can bring up feelings of being deserted or abandoned. Imagine on your Venus, your pleasure centers and your connection to others and even in some ways, the ways that you derive food from the things that you love doing, eating or shopping. And just imagine all of that becoming dry for a year.

And those are experiences where you are learning so much through deprivation. And it's sad and it causes depression, and it's also like really powerful. Because I feel like in the space of emptiness, you actually will begin to fill it with things that are much more substantial and more meaningful and, essentially, more aligned.

Daniel Alexander Jones:

When I think about that thing of deprivation and how in this last year, I've become so grateful for those times of deprivation of my life, because they were things that kept me true to my purpose. And they were things that kept me true to my nature. And they were things that force me, as you're saying, when you use that word, it's like it clicks on. I'm like, "Oh, they forced me back into an alignment with why I'm really here." And at the time, they felt like a betrayal because it wasn't the thing that I had chosen to do, or the thing I was ambitious about, right?

It took me and pulled me away. And there's so many times where it's a project that fails or an opportunity that you really long for and it doesn't come. But most dramatically in my life it's actually been about times where I think about when my official Saturn return happened, my appendix burst and I almost died. And I was in the hospital with blood poisoning and I came so close. Apparently, within hours of kicking it because some friends found me on the floor and brought me to the hospital.

And if they hadn't happened to come by... but, what that led to was a total breakdown of my internal systems. And it led to ... I had no insurance. I was a 20-something artist with no regular income. And so I ended up going from this moment where I felt like I was about to leap onto the scene nationally with my artwork as a playwright and a maker. And I had all these incredible things that had happened. And it felt like, "It's about to go." And then boom. And I ended up back living in my parents' house cause I could afford to be nowhere else and I needed care.

And it took three months for me to get the kind of strength back to even be able to get up in the morning, get dressed, and have a day. The first few weeks I could barely do anything. And I still remember my mom and my brother came to get me from Austin where I was living at the time. And we had a connecting flight in Dallas. I don't know if you've ever been to DFW, but the airport looks like the wings of a bird. There's two huge half circles. And the gate that we arrived at, and the gate we were going to be departing from were at opposite ends of the bird.

Right? So we had to walk there and I remember the walk took like an hour because I had to move that slowly.

What's interesting is one of my happiest memories of being with my brother and my mom, the restriction brings me to a moment of memory that's very joyful because I felt so ... It was a time when I was broken and they came and they got me and they brought me home and they protected me. And they were at either side of me in that airport.

And it was unquestioned. It was like, "We got you." And to think about that, I'm like, "Oh, it brought me back to value the people that got you." Who do you have? And then what are you doing? And what I was doing was being a crazy air sign fire person, like not doing anything that was practical. So it forced me to get practical. It's almost like you chop a leaf or something. And then the next leaf that grows is a little sturdier. It's like that vibe.

Anyway, it's a long story, but that was my Saturn return time. And I think about it now because I'm like, if the kind of success that I had wanted had come to me at 27 years old, I wouldn't have been prepared for it and it would have destroyed me. And so when I look back in my 20s, my 30s, my 40s, I see the places where a denial happened or an

obstacle happened. And like I said, this year, I look back and I'm like, "Thank goodness," because I wouldn't have been able to handle it.

Oak:

Wow. That was so powerful and beautiful. Thank you for sharing that.

Daniel Alexander Jones:

Oh, of course.

Oak:

Yeah. I think your Saturn is in Taurus. So it's like the karmic story is of practicality, of really knowing how to work with the essentials as Taurus represents the security and the food, the water, the shelter, the being able to think about all forms of security. And so to hear that a big part of your Saturn return was feeling the security and the care from your family, but as well as learning how to actually take care of yourself. I guess that's a really interesting theme because Saturn and the sign that your Saturn is in, there's 12 Zodiacal signs.

So Saturn can be at any one of those 12 signs when you're born. It's like, that is your relationship to your own personal karma. And you're, you're here on this earth plane, on this very dense earthly plain to work out that karma. So that's something that you're going to be met with over and over and over. The original form of restriction that you might experience will be Saturn in that sign that you're born in.

And so for you, I think that this is a really great example of, yes, you had that challenge of developing your artistic success at the age of between 27 to 30. And that didn't go exactly the way that you thought it would, but you're literally looking back and you're like, "No, but I appreciate that because I really see who I've become because of that."

Daniel Alexander Jones:

That's right.

Oak:

And also that appreciation and that ability to look back only comes with time and it only comes with wisdom. And that is the true relationship that one can have with Saturn is that through experience, we're actually able to see the

arc of what we've been through and really understand, "I have moved through something that actually seems difficult, but it has created the foundation for now, which I stand. And so there's so much about challenge, hardship, and how essentially that becomes the tiles on your floor.

Daniel Alexander Jones:

Wow. That's a perfect image.

Oak:

Mm-hmm (affirmative). And the thing is, is that you laid the tiles. The tiles, they didn't come [by themselves]. You built everything. That's actually... the point is that when you're thinking about what it means to live in a dense reality, your dense body, this dense plane, very difficult circumstances, the density of working with a racist society, it's just like, you have to create everything with your own hands. And that's the idea of when we have our Saturn return, the first time that Saturn is at the exact point where it was when we're born, so that takes about 29 to 30 years, is when you actually are starting to lay the tiles.

You probably have [dug] the foundation, but it's like you're building a structure for yourself that will be, in some ways, a 30-year project. And I think that it's funny because actually being able to work with Saturn and being able to work with the cycles of astrology, but essentially Saturn as it is the archetype itself that represents time. So astrology is essentially Saturnian. But when we work with cycles of time and we work with Saturn, we are also understanding our lives in a much more organic way, so that we're not looking at our lives in the same way that we look at how easy it is to access all the food at the grocery store, or the way that you think about these people that have these ...

They start an Instagram and suddenly a year later, they're famous. I think that's a newer addition to how success can look in this part of this timeline that we're in with society. But that is a very dramatic shift compared to what it means for everyone else in previous generations to actually build a stable career. And so I think that that also speaks to how time is shifting. And there's a lot of different ways of looking at cosmic movement that show that we're in a period of time where the way that we relate to the structures of society and just our general relationality to each other, that is changing at a rapid pace.

But what is true through and through is that we are still abiding by earth time. And we're still abiding by the seasons, even as we have very dramatic climate change. But that actually brings up an interesting point. As we are experiencing climate change, that means that the earth is changing. And then that means that if we're having

distorted relationship to weather patterns, which essentially is the indicator of time, then that really does show that our relationship to time is changing.

Therefore, our relationship to Saturn, because it's not just like Saturn or time. It's like, they're the same thing. They are the same archetype. Yeah, so we are in a very, very tender place because I think a lot of us are questioning what reality is. And Saturn also is synonymous with reality, time, reality, structure, what we're bound to. Those are all synonyms of Saturn.

Daniel Alexander Jones:

Will you speak on karma? Can you offer us your description of what karma is, and speak about how you engage it in your work?

Oak:

Well, I've studied and I've practiced a lot of Buddhism. So my definition of karma is inherently spiritual in the sense that you were given the life that you were given and that life is actually in the circumstances in your life. And the hardships you experienced are based upon consequence, karmas from previous actions. But I think in a more simplified way that I really describe karma, especially to my clients is, karma essentially is the result of action, but that extends beyond your own life.

So I'll oftentimes see someone having spiritual inheritances or inheritances that are not so easy. And so it brings up the interconnectivity to ancestry, the interconnectivity to the etheric and how our lives and our realities are shaped by not only our own actions, but they are influenced by previous actions. Or a lot of times our parents will hand off their baggage that they haven't been able to deal with. So that's kind of how I think about karma.

Daniel Alexander Jones:

What I'm aware of in my own journey is a call to heal those places where those connections ancestrally have been severed. So you know how light is both particle and wave, right? So let me imagine that I stop a river in its tracks for a second. And then I carve out a chunk of that river and I plop that in your lap. Like that's going to be a heavy load. Right? You know what I mean? And it's probably going to drown you and all that stuff, right? But if the river is flowing, you can be in the current and it can flow through and past you like you.

It has force, but there's a way that it's moving and you're alive and responsive and flexible. It's not being dumped on you, but you're in a current. And so if I think about that ancestral connection as a current that flows that has been

deliberately blocked, dammed up ... And there's a beautiful ... My favorite of the negative confessions of Ma'at is actually do not block the river at its source, right? Like, don't stop that flow.

So what I think about in relationship to your description of karma is to say, if we are acculturated to believe that we start and that we finish in this identity from the moment of quote-unquote conception to the moment of death, then we have had that river chunk dropped on us. But if we remember that we are the result of someone's dream, we're the result of someone's call, naming. We're the result of a desire that goes back maybe not only to the parent, but to the grandparent, to the great-grandparent, to a vision that somebody had thousands of years ago, a dream. And they saw these people in this strange place with these tall structures and metal things moving around. Like... they dreamed us. Somebody held us in their mind's eye and we, too, do that for what comes next. So there's a sense of flow. And in many traditional societies, indigenous societies, the grandparents are in dialogue with the child before the child's even conceived. So that sense makes me say then if I know that I'm facing difficulty in my life that doesn't feel grounded in my own choices, that feels karmic in the sense that it feels like some bigger inheritance or some bigger challenge or limitation, what would it be to be able to say, "Let me ask what preceded me," to be able to be humbled to that. And I feel like that is a lesson of Saturn and to say, consider that some of this is part of the river of time.

Oak:

Mm-hmm (affirmative). Yes. 100%. Yes, yes. And you use the word humble. And I think that's really important. And imagine what it would feel like to ... Because I've looked at thousands of peoples' lives at this point. And it's like, some people are not handed the most easy life. And imagine how sad that would feel if you had a really, really difficult life and you thought it was just all your fault. And that's just so painful to hold that. And some of it is just karma. And of course we don't know our past lives all the time, or we don't know the histories that we share with mom and dad and grandma and grandpa and even within generational narratives. We might not know those stories but we are carrying those pains a lot of time.

And we're carrying those sometimes unresolved narratives. And to be able to take yourself out of it and to de-individualize it and to say, "Oh, no, this is something shared," that you're here to maybe work with or to master. Then it completely changes your attitude about your own life. And that's humbling. It's humbling anytime we step outside of ourselves. And, yeah, it's a very interesting narrative, or it's a very interesting way of relating to Saturn because Saturn will keep you humble by knocking you to your face a lot of times through hardship and through challenge.

But of course that always develops a right relationship with our craft. And I think that, yeah, there's just the idea of inheritance. I really, really think of that word with Saturn. Because a lot of times the work that we do, what's the point

of the work that we put in? It has a lot to do with legacy. So we build, we create a beautiful structure for ourselves, and then we'll likely house our families. And that is really important. And to be able to have, yeah, as I said, right relationship to your attitudes and to your relationship to your craft and also your relationship to what it means to be surviving here on this earth.

In this society, it's money. That equals success. But ultimately someone's version of alignment, soul alignment, which is really what Saturn wants. Yes, it had a lot to do with how you can navigate being here on earth, but it's also dependent on what is true for you as success. So I think that, yeah, humbleness and also what does it mean to step into your success and be living up to your success, too.

Daniel Alexander Jones:

Because I always feel that with Saturn, there's an internal desire for you to flourish. But it's like it's *to flourish well*. I think about my grandmother. I always think about her with Saturn. I'm actually wearing her bracelet haha]. I'm wearing rings on my arm. And that's her right there, that one on the altar. She taught me how to make bread. And I remember she used to make us bread. And we all loved ... You'd be excited when she would bring some bread to you.

And then she was like, "Well, you need to learn to make it." That's a Saturnian idea, right? You need to master a skill that is actually going to be a system ... at least in my case, a sustainable part of that structure. And so I used to spend a lot of time with her. I would stay over at our house periodically or what have you. And she was like, "We start at 6:00 AM. " And I'm a little kid. And it was Saturday morning, Friday night into Saturday morning because I had been in school.

So it was a weekend night. And I woke up and it was like 7:30. And I went out and I was like, "Are we going to learn?" She was like, "Too late." She had already made the dough. It had already risen one time. And she's like, "You can watch what I'm doing," but she's like, "No, you missed the window. That was it." And I remember, I got angry and I got sad and I had all these emotions. And then ultimately had to be like, "She said 6 o'clock!" You know what I mean? And that's when it happened. And that was one of my earliest experiences of you have to develop a relationship with time that is respectful and you have to be humble to time.

And I remember also I grew up in a very punctual ... It was New England. Everybody was uptight already. It was like everybody was uptight. So punctuality, though, was a huge deal for my family. I don't know why it was, but we were the one family that didn't have CP time. It was like my people, they were always early or right on time. And and my Uncle, Gussie, had been friends with ... He knew Malcolm X. And that's a whole other story. But in his life, it's kind of like that thing that Malcolm X always talked about, carry a watch.

And people would be like, "Well, are you doing this to align with some external structurings? Like, no, no, no, no, no. You do this to respect *yourself*. So you say, "I'm going to respect myself by arriving to the thing that I have committed to. And I'm going to respect myself by recognizing that I need to invest my time, or that I need to demand that I show up in a certain way." And that idea, I think, that our collective ...

I'm going to speak about the United States larger culture, that those kinds of demands that you show up on time, that if you say you're going to bring the blah, blah, blah, to that thing on Tuesday morning, that you actually do it, that you pull yourself together a little bit. I mean that not in a ... like you have to rep for somebody else. But that thing of that pulling up being derided now, because it's somehow like holding onto these external standards or, "I should be able to be where I want to be when I want to be there."

It doesn't mean that it's not appropriate to have flow and not appropriate to follow the [flow], but it means you then don't ever get the lesson of what it means to develop that rigor to develop that back that craft. And this is another thing for y'all about Oak, they're cooking is bananas. Your food is bananas. And part of what makes so is that you take such ... I'm going to come back to, I think of the rigor and the precision. It's all so beautifully done.

And I know that that must be a part of a practice for you that helps you engage time, because it takes ... The way that you cook, too, and the way that you serve food, would you care to speak on that? How did you come to develop a relationship with time that felt generative to you?

Oak:

Yeah. That's great. That's so interesting that you bring that up. Well, I think, before I talk about time ... Well, this is still a reference. You talk about my food and you're just like, "Oh, it's so great." Let me clear my throat.

Daniel Alexander Jones:

Can make you some more tea?

Oak:

I'm fine.

Daniel Alexander Jones:

You good?

Oak:

Yeah. The thing about my food is that I've been cooking my whole life. And I think that as I've developed and just blossomed into my own and really, because now it's like everything is astrological. I create food astrologically. And so there's a lot of concept and thought process that goes into even ... It might just be like a curry, but it's like, there's a lot of consideration in every single thing. But ultimately I think what you're speaking to when you're like, "Oh," the praise for my food is, I've earned it because I've just done it for a long time.

That's actually the wisdom of Saturn is the idea of putting in 10,000 hours. It speaks to commitment. It speaks to rising to the task and just the constant working towards and just all of the effort. And that just takes literal being committed. And in our society now it's like, you can have one job and then you're probably going to leave it in like six months for something better. It's like, there's not a lot of sticking with one thing a lot of times.

Cooking is also timing. You have to have a good relationship to time in order to cook something for the appropriate measurement of time as well as make sure that everything is heated to the right temperature so that you can serve it at the appropriate time and even the way that you course meals and the amounts that you wait between the last meal and dessert. That's all timing. I guess I'm realizing in this conversation that I'm really about time.

And I think that one of the things that I even think about when it comes to relationships is, two people that get along, they're going to likely have very harmonious timing with each other, the way that they pause between every time they speak and the way that they like allow for spaciousness, so that there's reciprocity in the conversation. So, I don't know. I literally, I'm just realizing in this conversation, time is just being ... It has a lot to do with harmony, because when you're focusing on time ... Actually, no, not even.

When you're focusing on harmony, you're gonna know when to speak. You're going to know to check your phone sometimes, because you're just in a natural rhythm. You might not read this in the book, but I literally think that it has a lot to do with Saturn because Saturn is essentially the constant changing of the seasons, Because Saturn is not only the barren winter, it also represents the fruits of the earth.

Daniel Alexander Jones:

That's right.

Oak:

But you can't have voluptuous summer and autumn all the time. It doesn't work that way. So being in a relationship's time is also knowing when something's over. It's like you have a wonderful guest and then it's time for them to leave. You're welcome to go.

Daniel Alexander Jones:

You're welcome to go. That's right.

Oak:

That is just, we work with time at all times. But I think that there are ways that when we actually start tuning into our intuition, that we are just so much more available to having the time move through us, rather than feeling like it's rigidity. I don't think that it's rigid. It's just knowing when something is kind of over, knowing when something's ready,

Daniel Alexander Jones:

That's huge.

Oak:

The readiness. And that's actually the thing about Saturn, too. There's something that is ripening and that a lot of times when Saturn is coming for us and it feels really hard is that it's like, you might not even realize, you might be so depressed, you might not even realize that you're so ripe, also.

Daniel Alexander Jones:

Wow. That's so beautiful. That, too. That is it right there. That is it right there. What a gift to have lived enough now to have not only had to do, but have chosen to make containers in my life and then to experience what it's like when those containers break and you have to make a new container. I think part of this moment right now for me this year or so is I'm finally, much to her delight I'm sure, getting what my grandmother was talking about, which is in such relationship to the last thing you said, you know in your heart when it's time to break the container that you've held. You know.

And if you don't choose to do it, it will get done for you. And I think that my thing about Saturn, I think my youth, I was terrified of it for the reasons you said earlier, same thing, because it has the power to break those things. And in my case, it did. It actually broke my container. What does it mean to get that signal and to break it myself so Saturn doesn't have to break it? What does it mean to honor my deep knowing of those shapes and to say ... And you said this to me in our work on my own chart, you've been like, "You know." You know what I mean?

And the truth is, I do. But I want to run away from it. Or I want somebody to help. I want somebody to help me hold my hand while I go in that room or something like that. And I think part of the Saturnian gift is, I'm going to sit and tell another story of my grandmother, that I would spend often chunks of time in the summer with her because she ran an overnight camp for girls. And that picture, that's the big cabin that was the head for that ... That picture right there is from there.

And it's so interesting to have my attention go to that right now, because the last ... It would be Labor Day weekend dish, maybe the weekend before labor day, actually. And I would go out with her to the campgrounds so she could close up. And so we would go down and we would go to the dock and we would make sure if there was still a boat or there was a life preserver or something, we would go into the boat room and we'd make sure everything was just so and hose down the floor and put it and padlock it.

And then we would go to each one of the cabins and make sure that the mattresses were rolled up and tied and that everything was stacked and the thing was swept. And then she would close the doors and close the screen door and lock it. And then we would go into each of the halls, and then we would spend the most time in the dining hall. I had to help her get the big, what was it called? The canvas cover for the humongous industrial mixer that they would use to make the pancakes or the bread or whatever.

We would count the silverware and put it away. And I remember the sense that she cared about it with the same passion that you would care about when you were opening the camp. There's that sense of when you're opening it that you're getting it ready for all the people to come in. And then there's the immediate reward that then the summer explodes and all this life and all this learning and all this craziness. But she loved closing it up, too. And I remember we would sit at the end of the day before we drove home on this low stone wall together.

And there were often birds that would come and walk out on the ... There was a little tennis court down by the grade right there. And we would just sit and be quiet. You could hear, because you were still, the sounds of the life that would continue when we left. That was there before we even got there six weeks before for the beginning of the camp or whatever. And she would, I now can see back. She would teach me by just being present and say, "Look at this. We just closed a chapter. Life continues. Now let's go." And we would go.

And I'm trying to approach that now at this juncture in my early fifties, knowing that I am now being asked to break a lot of the containers that I've been in for the last decade, if not more. And I'm trying to approach it with her spirit, rather than that spirit of fear to say, "It's time to close that up. It's time to make sure everything's counted for," and then you go onto the next thing.

Oak:

Absolutely. Wow. That's so beautiful.

Daniel Alexander Jones:

Why did you want to open a school?

Oak:

I think that I love teaching and I just remember the feeling of what happened to me when I started studying astrology and just like your entire being is opened up and you just understand. You understand. You understand yourself. You understand life. You understand other people. You just feel so connected to life. And it would be so selfish not to share that experience, share that feeling. Because this work has changed my life completely ... completely changed my life and gave me meaning. Sometimes life can be so hard.

And just to even make a little bit of sense from something fucked up that happened to you, whether at 12 or even just to understand your toxic relationship that you're currently in, just even just a little bit more knowledge. It could be life-changing. But yeah, I wanted to create a container for ... I wanted to create a stable container that could offer that same feeling and it's ... Yeah, it's been great.

Daniel Alexander Jones:

I love that we end with the creation of a container. And thank you for creating this container tonight with me, as we talked about Saturn. And I'm going to encourage everyone to get to know you and your work and to figure out how they can partake in all of your offerings as a healer, as a teacher. And I just, I thank you so much for coming into my life. And you've changed my life in such profound ways that I feel like I'm only at the beginning of understanding. It's a powerful thing. I will close with something I want to say to those who might be listening.

And I want to reiterate it from my conversation with Sue J. Johnson. It's so important to keep opening to new people, because you never know when there's going to be a miracle that occurs as a result of connecting to a person you don't yet know. So as hard as life is and as very difficult as it is to stay open-hearted in relationship to people when you've been hurt, when you've been betrayed, when you haven't been cared for, and especially when our larger culture condones the dispensability and the disposability of people in relationships, to approach new people with an open heart and patience, and time is key.

Because from the time of our meeting, it took time to open to our conversation. I think there was an instant connection as there are with a lot of people that I meet that have become important in my life. I feel that thing, but I

now value. I'm like, "Oh, there's there's time to get to know a person," and I don't want to eat all the meal all at once. I want to take time. So y'all keep meeting people and take class with Oak. Bye. The end. Thank you.

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This conversation was recorded as part of *ALTAR NO. 1 – Aten*. For more information, additional conversations, and to participate in this immersive journey, visit:

aten.life

Learn more about the speakers and their work at:

<http://www.danielalexanderjones.com>

<https://oakastrology.com>

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